



Fraser River Run

Monthly Newsletter of Xats'ull First Nation



Supporting Our Families and Children

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Pell7égwten (Snow Melts at Mid-Higher Elevations Moon) – April 2026

Supporting Our Families and Children

From March 10–13, Xat'sùll proudly hosted a community event to support all First Nations families submit their Jordan's Principle Child and Family Settlement claims. This included assistance for children who were removed from their homes, as well as caregivers who experienced the removal of

children from their care. We were grateful to have this supported by IRSSS, Deloitte, and First Nations Child Claims Helpers, for their expertise and guidance in supporting our families. A heartfelt thank you to our staff and community members who generously gave their time to

help with setup and takedown. Your support and teamwork helped create a welcoming space focused on care and healing.

by Jessica Walters
XFN Family Engagement Worker



Gathering Our Voices 2026: What a Trip!



Happy April, everyone! I want use this space this month to highlight the fantastic "Gathering Our Voices" Youth Conference in Vancouver that our youth participated in during March 16th - 20th.

Our Monday gave us a full day of travel, arriving at a wonderful, huge rental house that became our home base for the week. Opening ceremonies on Tuesday afternoon started the conference off beautifully, with live music boosting us with energy, and with elders blessing the students, reminding us, "We've been praying for you."

Our Tuesday also featured shopping at the Metrotown mall and a super fun evening at the Activate sports center in Coquitlam,

Throughout the week, our students participated in workshops on cooking, medicine-making with devil's club, Métis jig dancing, Lahal games, music production, financial wellness, and more. Highlights included a BC Lions football workshop, a powerful Cultural Exchange featuring Gitmaxmak'ay Nisga'a and Stó:lo youth sharing drum songs and dances, and an inspiring talk

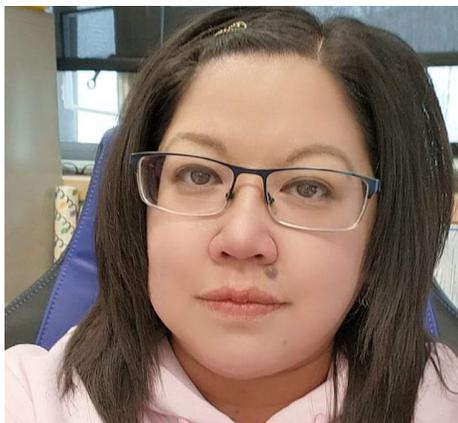
from "Miss Universe Canada" Ashley Callingbull, who challenged us to live beyond our fears and discomforts.

A huge thank you to our trip staff team – Mike Retasket, Cheryl Chapman, Mikayla Kalelest, and Yanos Stephenson – for their tireless support throughout the week. We couldn't have done it without you!

By Justin Code,
XFN Youth & Recreation Supervisor

For more information, visit:
<https://gatheringourvoices.ca>





Jennifer Stinson Social Development Manager

Reminders

Hi everyone!
I can't believe it's April 2026 already, these months are going by so fast.

Just few gentle reminders for Social Development Department:

- Income Assistance Clients are eligible for a monthly

earnings exemption. That is if a client wants to get back into employment, they are allowed to make monthly earnings, before deductions, on their Income Assistance, (please see table below).

- Another FYI, for all Income Assistance Clients, Social Development Department, can also pay cell phone bills.

- If your cell phone is by contract, we will need a cell phone bill/statement, with an account number, and address on it every month. We can only

pay up to \$40.00 monthly.

- If your cell phone is Pay-As-You-Go, we will need a current receipt of payment. We can reimburse your payment, but only up to \$40.00 or less/ amount you had paid. And only one reimbursement per current month.

If one has any questions, please contact me, Jennifer Stinson, Social Development Manager at my email socdev@xatsull.com or my contact number is 250-989-2323 or 250-989-2355, EXT 102

*** Earnings exemptions are as follows, before deductions:

Income Assistance Earnings Exemptions are as follows:		
Single Employable / Employable Childless Couples		\$600.00/month
Employable Single Parents / Employable Couples with Children		\$900.00 / month
Single Parents / Couples with children with disabilities preventing regular work		\$1,080.00 / month
Couple w/one employable one <u>PPMB</u> (Person with Persistent Multiple Barriers)		\$1,80.00 / month
Couple w/both PPMB		\$1,080.00 / month
Disability Assistance Earnings Exemptions are as follows:		MAX ANNUALLY
Single PWD's	\$1,350.00 / month	\$16,200.00
Single Parent who is a PWD Client (Persons <u>With</u> Disabilities)	\$1,350.00 / month	
Couple with two adult I.A. Clients with one who is PWD Client, with children	\$1,620.00 / month	\$19,440.00
Couple with both adult I.A. Clients are PWD's with children	\$2,700.00 / month	\$32,400.00

Xat'súll First Nation Career Fair 2026



On March 28, Xat'súll First Nation proudly hosted a successful and engaging Career Fair, welcoming Indigenous participants from many Nations. The event created a valuable space for community members to explore career pathways, connect with employers, and learn more about education, training, and job opportunities. Throughout the day, a wide range of companies and organizations set up booths, shared information about their work, and spoke directly with attendees about employment options. Participants had the

opportunity to explore careers in areas such as natural resources, education, public safety, health services, and skilled trades.

We were pleased to welcome the following organizations: West Fraser, TNG, CN, WorkBC, TRU, Mr. T Contracting, Red Road Recovery, BCEHS, Northern Innovation Network, Paladin Security, Spanish Mountain Gold, Sugar Cane Archaeology, Taseko, Royal Canadian Mounted Police, Enbridge, Axis, and Skywest Environmental Inc. In addition to networking and learning opportunities,

attendees also enjoyed the excitement of door prize draws, with many people taking home some great prizes.

The Xat'súll Career Fair was a positive and inspiring event that supported community members in exploring their futures and building connections. We thank all the participating organizations and everyone who attended for helping make the day a success.



Xat'sūll Youth Enjoy Drum Making

Xat'sūll youth recently gathered for a hands-on cultural workshop that brought laughter, learning, and a deep sense of connection as they created their own traditional drums.

With guidance and encouragement, they learned each step of the process and created something meaningful with their own hands.

The workshop was filled with laughter, pride, and connection. Youth not only learned a new skill but also deepened their connection to culture and tradition.

A big thank you goes out to everyone who supported and guided the workshop. Their knowledge, time, and care helped create a safe and inspiring environment for the youth to learn and thrive.





ELDERS LUNCHEON

APRIL 8, 2026

'CUSHION MAKING'

APRIL 22, 2026

12:00 PM

XFN HEALTH BOARDROOM

FOR MORE INFORMATION OR
TO ARRANGE FOR A RIDE,
PLEASE CALL

250-989-2355





**MOOSE HIDE
CAMPAIGN**

**CAMPAGNE
MOOSE HIDE**

**END VIOLENCE AGAINST
WOMEN & CHILDREN**

May 14, 2026

10 AM - 3 PM

XATSÜLL FIRST NATION GYM

Live Feed Streaming, Campaign Information Sharing, Walk, Food & Drinks, Ceremonial Smudge, Story Telling, Wellness Support.



All nations are invited. Open to the public.

MOOSEHIDECAMPAIGN.CA

Contact for more information:

familyengagement@xatsull.com
or call 250-989-2355 ext 133

2nd annual

SOBRIETY *Celebration*



April 11, 2026
XFN GYM

Join us for a meaningful day of connection, healing, and celebration.

We will start with a Sweat at 12:00 PM, led by Sweat Lodge Keeper David Archie.

Dinner will be served at 5:00 PM, followed by a dance at 7:00 PM with live music by David Johnny - Chilcotin Dream Band .

Come together in a good way as we honour strength, healing, and community.
All Nations are welcome.

If you have someone you would like to have celebrated and recognized, please contact Courtney at

WELLNESS.WORKER@XATSULL.COM



CARRYING OUR CULTURE

A Culture-Based Program



Mondays | 4:00 PM – 5:30 PM

(Day Treatment event to follow)

 XFN Community Services Boardroom

Each workshop is participant-led, together we decide what project we will work on next!

**Limited supplies available.
Registration required.**

**To register, please
contact:**



Courtney at
wellness.worker@xatsull.com

250-989-2355 ext. 132





Interior Health



8 PART WORKSHOP SERIES FOCUSED ON ADDICTION RECOVERY

Where Paths Cross



What you will learn:

- The Stages of Change
- Identifying Triggers and Craving
- Building Communication Skills
- Emotions and Relationships
- and more

starting

MARCH 25, 2026

OPEN
TO ALL
19+

Wednesday's from
10:30 AM - 12:00 PM
for 8 weeks

XFN Health Boardroom



csreceptionist@xatsull.com
or 250-989-2355

Unveiling of Headstone

John Moffat Ogden

Sunrise:
February 18,
1961



Sunset:
September 22,
1962

Small spirit, big light. Resting with the ancestors.

Lac La Hache
McKinley Cemetery.

April 20, 2026 Monday

Time: 11:00 – 12:30 PM

Parents:

Late Evelyn Marguerite Sam

Late Lawrence Charles Ogden

Light Refreshments & Snacks to Follow.

(Location to be determined)

**The family would like to thank you in advance for
your time and effort to support closure for John.**

Questions: teeogden@gmail.com

XFN EMERGENCY CONTACTS

General

250-267-9771

Infrastructure & Housing Needs

250-267-9955

Health & Wellness, Child,

Family & Elders Needs

250-267-1152

Mental Health & Substance Use

250-267-2066

OTHER EMERGENCY CONTACTS

Chiwid Transition House

250-398-5658

RCMP Victim Services

250-392-8709

Aboriginal Victim Services

250-305-2350

Suicide Crisis Line

1-800-784-2433

Gateway

250-302-3261

Hospital

250-392-4411

BC Nurses Help Line

811

Youth Help Line

1-800-668-6868

All Nations Healing House

778-417-0405

First Nations Health Authority

1-855-550-5454

AA Helpline

1-604-434-3933

Emergency

911

Three Corners Health Services

250-398-9814

Crisis Response Team

250-305-8496

Residential School Crisis Line

1-866-925-4419

Kids Help Phone

1-800-668-6868

Hope for Wellness Helpline

1-855-242-3310

Post-Secondary Sponsorship Funding Application Notice

Xat'sull First Nation community members are invited to apply for Post-Secondary Sponsorship Funding. The application deadline is May 15.

Applications, along with the Post-Secondary Policy and Procedures, can be found on the Xat'sull website under Education:

<https://www.xatsull.com/education-links/>

For more information or assistance, please contact the Education Coordinator at edcoord@xatsull.com or call 250-989-2323 ext. 151.

GATHERING IN A GOOD WAY

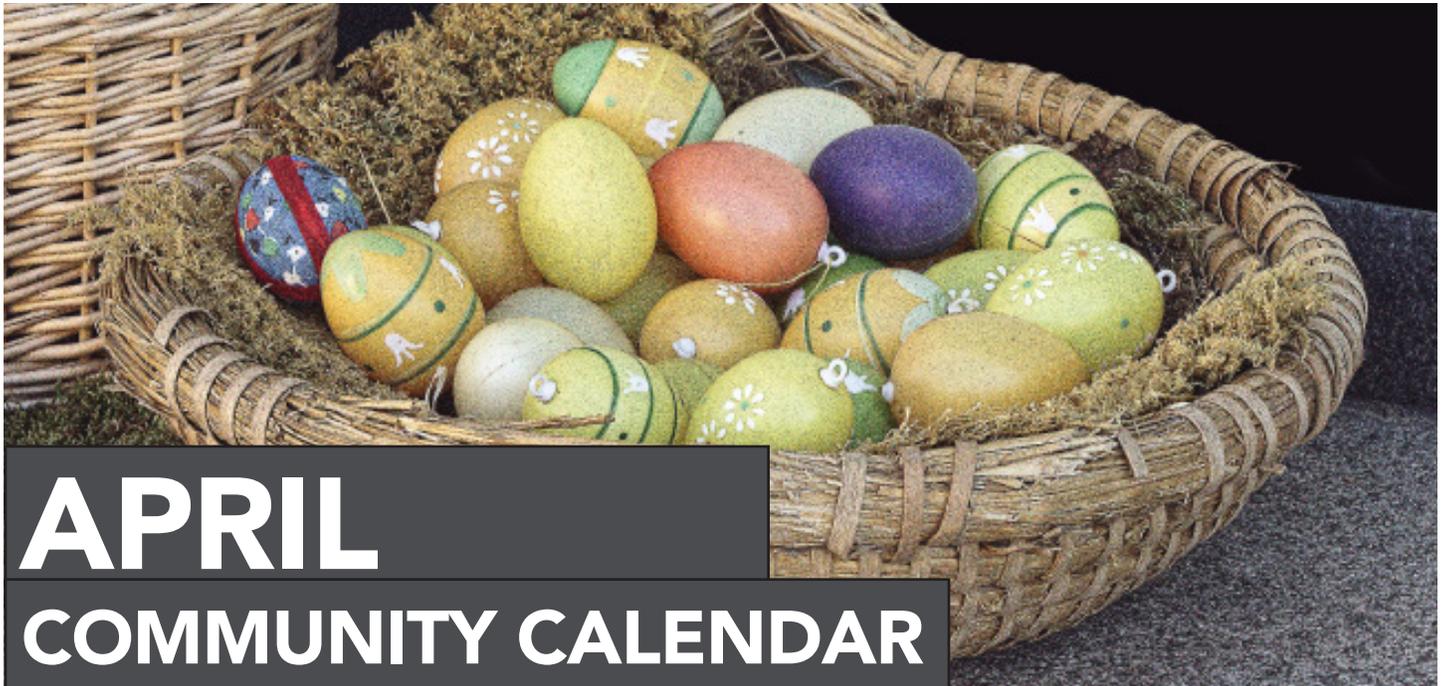
Xat'sull First Nation is committed to creating safe, respectful, and welcoming spaces at our gatherings, meetings, programs, and community events.

Because our children, youth, Elders, and families are present at these gatherings, we ask that everyone attend in a good way and free from alcohol or substances.

If someone arrives under the influence, they will be respectfully asked to return home and join us another time so that we can continue to gather in a good way. If needed, we will do our best to help ensure they get home safely.

Thank you for supporting one another and helping ensure our gatherings remain safe and welcoming for our children, youth, Elders and families.

If additional supports are needed, community members are encouraged to reach out to the Community Services team for support at 250-989-2355 ext. 132.



APRIL COMMUNITY CALENDAR

WEDNESDAY, APRIL 1

HOUSING

HOUSING RENT DUE

DATE: Wednesday, April 1, 2026

COMMUNITY SERVICES

ADDICTION RECOVERY WORKSHOP

DATE: Wednesday, April 1, 2026
TIME: 10:30 a.m. - 12 p.m.
LOCATION: Community Services
CONTACT: 250-989-2355

YOUTH

COOKING

DATE: Wednesday, April 1, 2026
TIME: 3:30 - 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Wednesday, April 1, 2026
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

FITNESS CLASS

DATE: Wednesday, April 1, 2026
TIME: 5 p.m.
LOCATION: XFN Gym

THURSDAY, APRIL 2

COMMUNITY SERVICES

GUIDED HANDS HEALING

DATE: Thursday, April 2, 2026
TIME: 9 a.m. - 4 p.m.
LOCATION: Community Services
CONTACT: Community Services Office
250-989-2355

YOUTH

KID'S CHOICE DAY

DATE: Thursday, April 2, 2026
TIME: 3:30 - 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Thursday, April 2, 2026
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

SWIM NIGHT

DATE: Thursday, April 2, 2026
TIME: 5:30 p.m.
LOCATION: Community Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

SUNDAY, APRIL 5

COMMUNITY SERVICES

SUN RUN TRAINING

DATE: Sunday, April 5, 2026
 TIME: 9 a.m.
 LOCATION: XFN Gym

TUESDAY, APRIL 7

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday, April 7, 2026
 TIME: 9 - 10:30 a.m.
 LOCATION: Band Office
 CONTACT: 250-989-2323

COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Tuesday, April 7, 2026
 TIME: 9:00 a.m. - 3:00 p.m.
 LOCATION: Community Services
 INFO: book appointment
 CONTACT: Community Services Office
 250-989-2355

COMMUNITY SERVICES

FOOT CARE

DATE: Tuesday, April 7, 2026
 INFO: book appointment - home visit
 CONTACT: Community Services Office
 250-989-2355

YOUTH

ARTS & CRAFTS

DATE: Tuesday, April 7, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Mikayla at afterschool@xatsull.com

SOCIAL DEVELOPMENT

INTERVIEW WEEK

DATE: Tuesday, April 7, 2026
 LOCATION: Community Services
 CONTACT: Jennifer S. socdev@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Tuesday, April 7, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com

WEDNESDAY, APRIL 8

SOCIAL DEVELOPMENT

INTERVIEW WEEK

DATE: Wednesday, April 8, 2026
 LOCATION: Community Services
 CONTACT: Jennifer S. socdev@xatsull.com

SOCIAL DEVELOPMENT

MID-MONTH

DATE: Wednesday, April 8, 2026
 CONTACT: Jennifer S. socdev@xatsull.com

COMMUNITY SERVICES

ADDICTION RECOVERY WORKSHOP

DATE: Wednesday, April 8, 2026
 TIME: 10:30 a.m. - 12 p.m.
 LOCATION: Community Services
 CONTACT: 250-989-2355

COMMUNITY SERVICES

FOOT CARE

DATE: Wednesday, April 8, 2026
 INFO: book appointment - office visit
 CONTACT: Community Services Office
 250-989-2355

COMMUNITY SERVICES

ELDERS LUNCHEON

DATE: Wednesday, April 8, 2026
 TIME: 12 p.m.
 LOCATION: Community Services
 CONTACT: Community Services Office
 250-989-2355

YOUTH

COOKING

DATE: Wednesday, April 8, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Wednesday, April 8, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

FITNESS CLASS

DATE: Wednesday, April 8, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym

THURSDAY, APRIL 9

SOCIAL DEVELOPMENT

INTERVIEW WEEK

DATE: Thursday, April 9, 2026
 LOCATION: Community Services
 CONTACT: Jennifer S. socdev@xatsull.com

CALENDAR

COMMUNITY SERVICES

HEALING TOUCH

DATE: Thursday, April 9, 2026

TIME: 9 a.m. - 4 p.m.

LOCATION: Community Services

INFO: book appointment

CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

DIETITIAN

DATE: Thursday, April 9, 2026

TIME: 9 a.m. - 4 p.m.

LOCATION: Community Services

CONTACT: Community Services Office
250-989-2355

YOUTH

KID'S CHOICE DAY

DATE: Thursday, April 9, 2026

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Mikayla at afterschool@
xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Thursday, April 9, 2026

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Justin at rtp@xatsull.com

FRIDAY, APRIL 10

SOCIAL DEVELOPMENT

HSEHOLD BILLS & MONTHLY RENEWAL DUE

DATE: Friday, April 10, 2026

CONTACT: Jennifer S. socdev@xatsull.com

COMMUNITY SERVICES

COMMUNITEA 'STYEYEM

DATE: Friday, April 10, 2026

TIME: 12 - 3 p.m.

LOCATION: Health Boardroom

CONTACT: Community Services Office
250-989-2355

YOUTH

YOUTH BOARD GAMES

DATE: Friday, April 10, 2026

TIME: 5 p.m.,.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Mikayla at afterschool@
xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Friday, April 10, 2026

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Justin at rtp@xatsull.com

SATURDAY, APRIL 11

COMMUNITY SERVICES

SOBRIETY CELEBRATION

DATE: Saturday, April 11, 2026

TIME: 12 - 9 p.m.

LOCATION: XFN Gym

SUNDAY, APRIL 12

COMMUNITY SERVICES

SUN RUN TRAINING

DATE: Sunday, April 12, 2026

TIME: 9 a.m.

LOCATION: XFN Gym

MONDAY, APRIL 13



COMMUNITY SERVICES

REFLEXOLOGY

DATE: Monday April 13, 2026

TIME: 9 a.m. - 4 p.m.

LOCATION: Community Services

INFO: book appointment

CONTACT: Community Services Office
250-989-2355

YOUTH

GYM SPORTS

DATE: Monday April 13, 2026

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Mikayla at afterschool@
xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Monday April 13, 2026

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

CARRYING OUR CULTURE

DATE: Monday, April 13, 2026

TIME: 4 - 5:30 p.m.

LOCATION: Community Services

INFO: Culture Based Program

CONTACT: Courtney at
wellness.worker@xatsull.com

COMMUNITY SERVICES

DAY TREATMENT

DATE: Monday, April 13, 2026
 TIME: 5:30 - 7 p.m.
 LOCATION: Community Services
 INFO: Find Healthier Balance in your Relationship with Substances.
 CONTACT: 250-989-2355

TUESDAY, APRIL 14

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday April 14, 2026
 TIME: 9 - 10:30 a.m.
 LOCATION: Band Office
 CONTACT: 250-989-2323



COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Tuesday, April 14, 2026
 TIME: 9:00 a.m. - 3:00 p.m.
 LOCATION: Community Services
 INFO: book appointment
 CONTACT: Community Services Office
 250-989-2355

YOUTH

ARTS & CRAFTS

DATE: Tuesday, April 14, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Mikayla @ afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Tuesday, April 14, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com

WEDNESDAY, APRIL 15

COMMUNITY SERVICES

ADDICTION RECOVERY WORKSHOP

DATE: Wednesday, April 15, 2026
 TIME: 10:30 a.m. - 12 p.m.
 LOCATION: Community Services
 CONTACT: 250-989-2355

YOUTH

COOKING

DATE: Wednesday, April 15, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Wednesday, April 15, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

FITNESS CLASS

DATE: Wednesday, April 15, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym

THURSDAY, APRIL 16

YOUTH

KID'S CHOICE DAY

DATE: Thursday, April 16, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Thursday, April 16, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

SWIM NIGHT

DATE: Thursday, April 16, 2026
 TIME: 5:30 p.m.
 LOCATION: Community Services
 INFO: book appointment
 CONTACT: Community Services Office
 250-989-2355

FRIDAY, APRIL 17



COMMUNITY SERVICES

COMMUNITEA 'STYEYEM

DATE: Friday, April 17, 2026
 TIME: 12 - 3 p.m.
 LOCATION: Health Boardroom
 CONTACT: Community Services Office
 250-989-2355

CALENDAR

YOUTH

YOUTH BOARD GAMES

DATE: Friday, April 17, 2026

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Friday, April 17, 2026

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Justin at rtp@xatsull.com

MONDAY, APRIL 20

YOUTH

GYM SPORTS

DATE: Monday, April 20, 2026

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Mikayla at afterschool@xatsull.com



COMMUNITY SERVICES

CARRYING OUR CULTURE

DATE: Monday, April 20, 2026

TIME: 4 - 5:30 p.m.

LOCATION: Community Services

INFO: Culture Based Program

CONTACT: Courtney at wellness.worker@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Monday, April 20, 2026

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

DAY TREATMENT

DATE: Monday, April 20, 2026

TIME: 5:30 - 7 p.m.

LOCATION: Community Services

INFO: Find Healthier Balance in your Relationship with Substances.

CONTACT: 250-989-2355

TUESDAY, APRIL 21



COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday, April 21, 2026

TIME: 9 - 10:30 a.m.

LOCATION: Band Office

CONTACT: 250-989-2323

COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Tuesday, April 21, 2026

TIME: 9:00 a.m. - 3:00 p.m.

LOCATION: Community Services

INFO: book appointment

CONTACT: Community Services Office 250-989-2355



YOUTH

ARTS & CRAFTS

DATE: Tuesday, April 21, 2026

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Mikayla @ afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Tuesday, April 21, 2026

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Justin at rtp@xatsull.com

WEDNESDAY, APRIL 22

COMMUNITY SERVICES

PHYSIO THERAPY

DATE: Wednesday, April 22, 2026

TIME: 9 a.m. - 12 p.m.

LOCATION: Community Services

INFO: book appointment

CONTACT: Community Services Office 250-989-2355

COMMUNITY SERVICES

ELDERS LUNCHEON

DATE: Wednesday, April 22, 2026

TIME: 12 p.m.

LOCATION: Community Services

CONTACT: Community Services Office 250-989-2355

YOUTH

COOKING

DATE: Wednesday, April 22, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Mikayla at afterschool@xatsull.com

SOCIAL DEVELOPMENT

SA-DAY

DATE: Wednesday, April 22, 2026
 CONTACT: Jennifer S. socdev@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Wednesday, April 22, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

FITNESS CLASS

DATE: Wednesday, April 22, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym

THURSDAY, APRIL 23

COMMUNITY SERVICES

DIETITIAN

DATE: Thursday, April 23, 2026
 TIME: 9 a.m. - 4 p.m.
 LOCATION: Community Services
 CONTACT: Community Services Office
 250-989-2355

YOUTH

KID'S CHOICE DAY

DATE: Thursday, April 23, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Thursday, April 23, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com

FRIDAY, APRIL 24



COMMUNITY SERVICES

COMMUNITEA 'STYEYEM

DATE: Friday April 24, 2026
 TIME: 12 - 3 p.m.
 LOCATION: Health Boardroom
 CONTACT: Community Services Office
 250-989-2355

YOUTH

YOUTH BOARD GAMES

DATE: Friday, April 24, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Friday, April 24, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com

MONDAY, APRIL 27

YOUTH

GYM SPORTS

DATE: Monday, April 27, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Mikayla at afterschool@xatsull.com

COMMUNITY SERVICES

CARRYING OUR CULTURE

DATE: Monday, April 27, 2026
 TIME: 4 - 5:30 p.m.
 LOCATION: Community Services
 INFO: Culture Based Program
 CONTACT: Courtney at wellness.worker@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Monday, April 27, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com

CALENDAR

COMMUNITY SERVICES

DAY TREATMENT

DATE: Monday, April 27, 2026

TIME: 5:30 - 7 p.m.

LOCATION: Community Services

INFO: Find Healthier Balance in your Relationship with Substances.

CONTACT: 250-989-2355

TUESDAY, APRIL 28



COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday, April 28, 2026

TIME: 9 - 10:30 a.m.

LOCATION: Band Office

CONTACT: 250-989-2323

YOUTH

ARTS & CRAFTS

DATE: Tuesday April 28, 2026

TIME: 3:30 - 5, p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Tuesday, April 28, 2026

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Justin at rtp@xatsull.com

WEDNESDAY, APRIL 29

COMMUNITY SERVICES

ADDICTION RECOVERY WORKSHOP

DATE: Wednesday, April 29, 2026

TIME: 10:30 a.m. - 12 p.m.

LOCATION: Community Services

CONTACT: 250-989-2355



YOUTH

COOKING

DATE: Wednesday, April 29, 2026

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Wednesday, April 29, 2026

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

FITNESS CLASS

DATE: Wednesday, April 29, 2026

TIME: 5 p.m.

LOCATION: XFN Gym

THURSDAY, APRIL 30



YOUTH

KID'S CHOICE DAY

DATE: Thursday April 30, 2026

TIME: 3:30 - 5, p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Thursday, April 30, 2026

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Justin at rtp@xatsull.com



COMMUNITY SERVICES

SWIM NIGHT

DATE: Thursday, April 30, 2026

TIME: 5:30 p.m.

CONTACT: Community Services Office
250-989-2355

RESTORING BALANCE

Finding Healthier Balance in Our Relationship with Substances



8-Week Recovery Group
Beginning March 9
Mondays | 5:30 – 7:00 PM
XFN Health Boardroom

You are not alone. Join us for an 8-week healing circle focused on support, connection, and building practical tools for recovery. Facilitated by Cora Fraleigh, MSW, a compassionate social worker who blends traditional teachings with practical relapse prevention and skill-building strategies to support lasting change. Together, we will create a culturally safe and supportive space where healing, belonging, and strength can grow.

✦ Snacks provided ✦ Incentive for full attendance ✦ All are welcome.



250-989-2355 or csreceptionist@xatsull.com





YOUTH COORDINATOR

Type of Position: Full Time

Closing Date: Open until filled

About the Position:

Xatsūll First Nation (XFN), a dynamic Indigenous community, is seeking a dedicated and detail-oriented Youth Coordinator to join our team. Located near the vibrant city of Williams Lake, our Nation is deeply rooted in our rich heritage, culture, and breathtaking natural surroundings. With a population of 125 band members residing on-reserve and 300 off-reserve, our Nation continues to grow and prosper.

Reporting to the Director of Education, the Youth Coordinator is responsible for developing, delivering and evaluating programs for youth in the community to empower youth to become self-reliant, recognizing the value of health and wellness and to develop life skills. The Youth Program Coordinator liaises with Health and Education staff to integrate the values and strengths of other programs.

For the full job posting visit xatsull.com

3419 Mountain House Road, Williams
Lake B.C., V2G 5L5 Phone: (250) 989-
2323 / Fax: (250) 989-2300
email: hr@xatsull.com
www.xatsull.com



ADMIN COMMUNICATIONS ASSISTANT

Type of Position: Full Time

Closing Date: Open until filled

About the Position:

Xatsūll First Nation (XFN), a dynamic Indigenous community, is seeking a dedicated and detail-oriented Admin/Communications Assistant to join our team. Located near the vibrant city of Williams Lake, our Nation is deeply rooted in our rich heritage, culture, and breathtaking natural surroundings. With a population of 125 band members residing on-reserve and 300 off-reserve, our Nation continues to grow and prosper.

The Admin/Communications Assistant plays a key supportive role within the Treaty Department by providing day-to-day administrative assistance and supporting internal and external communications related to treaty negotiations, governance transition, and community engagement. Reporting to the Treaty Manager, this position helps ensure that operations run smoothly and that accurate and timely information is shared with Xatsūll leadership, community members, government representatives, and partner organizations.

For the full job posting visit xatsull.com

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SELF-GOVERNANCE COORDINATOR

Type of Position: Full Time

Closing Date: Open until filled

About the Position:

Xatsùll First Nation (XFN), a dynamic Indigenous community, is seeking a dedicated and detail-oriented Self-Governance Coordinator to join our team. Located near the vibrant city of Williams Lake, our Nation is deeply rooted in our rich heritage, culture, and breathtaking natural surroundings. With a population of 125 band members residing on-reserve and 300 off-reserve, our Nation continues to grow and prosper.

Reporting to the Treaty Manager, the Self-Governance Coordinator contributes to the overall success of the organization by working to negotiate and prepare the community for a post-Treaty self-governing environment in accordance with the vision, mission and objectives of the organization. The Self-Governance Coordinator is responsible for developing programs to build capacity, explore alternatives to Treaty, communicate, promote and revitalize cultural heritage and language. The Self-Governance Coordinator works to advance the Xatsùll First Nation's goal of self-government. This includes helping to further develop governance structures, as well as plan and initiate the transition from the Indian Act to a sovereign, self-governing community.

For the full job posting visit xatsull.com

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